## I claim:

- 1) A system for enabling a communicant to personally control one or more means of communication with outside parties via a digital data network comprising a graphical interface such as a web page on a computer display terminal, said graphical interface including a communications options menu from which the communicant can initiate a communication with another party connected to the digital data network using one of the communications options listed on said menu, and including a means by which the communicant can selectively control which communications options outside parties are able to use to establish a connection with the communicant.
- 2) The system for enabling a communicant to personally control one or more means of communication via the digital data network of claim 1 wherein said means for selectively controlling which communications options are available to an outside party comprises one or more lists of preprogrammed digital codes capable of identifying certain outside parties, each of said one or more lists being associated with one or more of said communications options, and wherein prior to the communications options menu being activated each outside party is required to supply a digital code, which code is compared with the lists or preprogrammed codes that are downloaded from the communicant's internet web site, and wherein if said code matches any of the preprogrammed codes the communications options associated with said lists will be activated.
- 3) The system for enabling a communicant to personally control one or more means of communication via the digital data network of claim 2 wherein if an outside party does not supply a code matching a code on one or more of the lists of preprogrammed codes, the communications options associated with said lists will be disabled with respect to further communication with said outside party.
- 4) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a web phone option.
- 5) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes an answering machine option.
- 6) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes an e-mail option.
- 7) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a pager option.

- 8) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a cell phone option.
- 9) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a facsimile option.
- 10) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes an emergency call option.
- 11) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a chat option.
- 12) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes an attachments option.
- 13) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a video option.
- 14) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a screen capture option.
- 15) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a note pad option.
- 16) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a conference option.
- 17) The system for enabling a communicant to personally control one or more means of communication via a digital data network of claim 1 wherein said communications options menu includes a record call option.

- 18) A system for controlling communications via a digital data network comprising: means for communicating over a data network; graphical interface means; a data storage device for entering and storing codes for identifying parties initiating a communication, said codes in addition being associated with one or more communications means, means for determining if a party initiating a communication is one of those parties having a code associated with one or more of said communications means, and means for allowing or blocking access to one or more of said communication means dependent upon whether or not the party initiating a communication has a code associated with one or more of said communication means.
- 19) A system for providing a called party control of access to a telephone address using a digital communications network comprising: a) means for receiving an incoming call over a data network, b) means for establishing the identity of certain callers, c) means for determining if the incoming call is from one of said certain callers, and d) means for allowing said certain callers to activate a calling option.
- 20) The system of claim 19 wherein the means for determining if the number of the incoming call is from one of said certain callers compares the number of the incoming call to a list of desired numbers.
- 21) The system of claim 20 wherein the list of desired numbers comprises numbers preprogrammed into the called party receiver.
- 22) The system of claim 19 wherein the list of desired numbers comprises numbers input into the system by the called party.
- 23) A method for providing control of telecommunications network services by a called party comprising the steps of: a) receiving an incoming call at a called party receiver from a calling party, b) identifying the incoming call, c) determining if the number of the incoming call originates from a source identified by a predetermined desired number, and d) answering the incoming call if the number of the incoming call is a desired number, wherein said step of answering the incoming call is performed automatically.
- 24) An incoming call filtering method comprising the steps of: a) receiving an incoming call at a called party receiver from a calling party, b) identifying the incoming call, c) determining if the number of the incoming call originates from a source identified by a predetermined desired number, and d) answering the incoming call if the number of the incoming call is a desired number, wherein said step of answering the incoming call is performed automatically.

- 25) A system for enabling a prospective communicant to limit communication with other communicants via a digital data network comprising a graphical interface established on a computer display terminal including a communications options menu incorporating a plurality of options for communications and including electronic switching means by which a preprogrammed list of options can be activated alternatively depending upon preprogrammed instructions associated with each of a menu of potential other communicants and wherein the options for each potential communicant listed comprise a series of options for potential communication in accordance with at least one of the following options: (a) no communication authorized; (b) communication established to a web phone option; (c) communication established to an answering machine option; (d) communication established via an e-mail option; (e) communication established via a pager option; (f) communication established via a cell phone option; (g) communication established via an emergency call option; (h) communication established via a chat room option dependent upon the communicants preprogramming of the system.
- 26) A system in accordance with claim 25 wherein more than one option is available in a predetermined order programmable by the communicant in which if communication is not established by a preferred means in accordance with the communicants preprogrammed options menu a next preferred option will be made available in serial order of preference.
- 27) A system in accordance with claim 25 wherein said digital data network is utilized in conjunction with a cellular telephone subscriber service.
- 28) A system in accordance with claim 27 wherein said preprogrammed lists of options and operating program are stored on a server controlled by the provider of said cellular telephone subscriber service.
- 29) A system in accordance with claim 28 wherein the communicant can access and amend access to such preprogrammed list of options using an Internet ready cellular telephone.